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CHUROH SERVIOES.

Present real in.—Roy. W. W. Buff. Pastor Preaching every Subbath morning and evening, except the first, when the pastor holds services in Burkes Garden. Sunday School 9:30 a. m. Prayer meeting every Thursday evening.

Merricurar.—I. P. Martin, Pastor, Preaching on first and third Spinday in each month at 11 a. m., second and fourth Sunday at 7:30 p. m. Sunday School at 9:30 a. m. Prayer meeting every Wednesday evening.

Barriar.—Rev. D. A. Glenn, Pastor.—Preaching the 1st and 3d Spinday in the morning and 2d and 4th Spinday in the evening. Sunday School 9:30 a. m. Prayer meeting every Friday evening.

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County Court.—Tuesday after the Third
Monday.
Clerk Circuit.

Monday. Clerk Circuit Court.—H. Bane Harman

Tazewell, Va.
Clerk County Court.—T. E. George, Taze
well, Va.

Clerk County Court,—T. E. George, Taze-well, Va.
Commonwealth's Attorney—Jno. T. Barns,
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Trensurer.—R. R. Gilliespie, Pounding
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Commissioner Revenue—Maiden Spring
District—S. H. Laird, Cedar Bluff, Va.
Commissioner Revenue—Maiden Spring
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Supervisor, Jeffersonville District: W.
L. G. Burk, Big Creek, Va.
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Spapp, Va.
County Supt. of Schools; P. H. Williams,
Pounding Mill, Va.

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NIGHT AIR. B Contains Many Dangers to Human

Heath.

Heath.

An summer, when the rays of the sun fail almost vertically upon the earth's surface, the gradual fail in the temperature at night comes as a welpome relief from the heat of the lay.

During the rest of the year tha crin's rays strike the earth more obliquely, and are sufficient to warm only a thin rust at the surface, which loses its heaf rapidly after the sun has set, and the temperature of the air fails abruptly. Under these conditions night air may become a source of danger. The synden shange in temperature after alls for extra protection for the body, and one should never think of setting out on no maker low short a journey without extra wraps.

now short a journey without extra wraps.

Except in severs weather it is not necessary to care so much for the extremities, as the circulation of the blood a maintained in these parts by their sonstant motion. But the cheet, as the seat of the bulk of the blood and the stallity of the body, should be protected from chill. The co-called sheat-protectors are useful; but nothing is simpler than to habituate one's self to wearing weaten underclothing, suiting the weight to the season of the year. Wool is a poor conductor of heat, and when worm hext the skin absorbs the perspiration and prevents too rapid loss perspiration and prevents too rapid loss of the body heat.

of the body heat.

Moreover, when the temperature falls abruptly at night, the moisture present in the air is condensed, and falls to the ground in the form of dew. The damphess and chill form an additional source of danger against which it is necessary to guard, especially in the matter of footwear. Thicker shoes and warm, first stockings should be worn.

footwear. Thicker shoes and warm, dry stockings should be worp.

The direct rays of the sun kill many of the microbes that are the specific causes of disease. Consequently night is the favorite ling for the svil gnomes of disease to collect their forces and make their plan of attack against manhind. Powerless against the warm, bright rays of the sun, they succumb in the imaqual contest; but at alght, aided by the slight dampness, they rise from their hiding places, and are borne away by the constantly shifting currents of air upon their creams of sickness and death.

death,

Though this may seem to be more or less fanelful, the study of the origin and life of the various germs of disease has proved that the idea embodies a truth, and that night air is favorable to their

propagation.

Care in not exposing a body fatigue I
by the labors of day and protection
against the sudden decrease in temperature and dampness are safeguards which we can easily take on going out into the night air,—Youth's Companion

AUTHOR AND CRITIC.

The Writer Was Not Worrying Much Over the Terribie Reasting He Got. The young author had his feet cocked up on a table and was enjoying a cigar when the book reviewer sauntered into

like a novice. Why, in the very next paragraph you proved conclusively according to your own statement, that the whole book was plagfarized from several of the best authors. You said there was hardly an original line in the whole story. Of course, that lets me out on the charge that it is suppled and lanking in ideas, and those old standard authors are the ones that have a tick coming."—Chicago Post.

Chicago Post.

Chilled Oysters

Raw oysters very often precede the some at dinner because the oyster is sound at this season in perfection. Select small, sweet oysters. Open them on the deep shell and lay them on cracked ice for ten minutes before serving. If they are chilled too long or frozen the flavor is injured. Serve als on a plate, which must be ice cold. When the oysters are put on the plate place half a lemon in the center. It is a perfectly correct thing to serve oysters in their own shells in that case. Arrange them in soup plates in small fringed naphins over a bed of cracked ice and place the lemon in the center. The oysters are frequently placed on the table at the mougent before the dinner is served.—Good Housekeeping.

"You know Margaret wanted to get

"Yes; how did she come out?"

"Yes; how did she come out?"

"Well, she got one and after she had listened to him five hours seven other men came along and told has that she was on the wrong side of the question."—Chicago Record.

SIGNS OF APPROACHING AGE.

isg Old Without Knowing 14.

A man, apparently slightly past middle life, whose hair was tinged with gray and noticeably thin on top, set near me at the theater. As the curtain rose for the first time a spectacled man of about the same age chiered and occipied the vacant seat between us. He looked at the other fixedly. The look was exchanged, and in a second each had the other cordially by the hand. The ronversation told me that they had been schoolmates who bad nut met in many years.

"By Jove, Charlie!" exclaimed the first, "it idoes me good to see you. You haven't changed much more than I have and I am not a day older than when we got our diplomas."
"I can't quite agree with you, Tom," answered the other, "but I don't feel very old yet. I see you still enjoy the theater, and expect you have kept up your literary taste for the last 30 years?"
"Thirty years!" repeated Tom. "How the years fly! Do you remember how

years?"

"Thirty years!? repeated Tom. "How the years fly! Do you remember how they used to drag? Theaters! Well, I do go now and then, but the plays and acting are not what they used to be. As to books, I still rend them, but one of the modern trash. There hasn't been a good book written for a quarter of a century. The new ones give me the dyspepsia worse than what I cat. Do you remember the meals we had on the old Vermont farm? Those were happy days! Thirty years and more ago! Strange; but I don't show a sign of age. I wonder where this confounded draught is coming from. I feel neuralgla on top of my head now."

"Tom, old boy," replied the other, "you are deceiving yourself, for you have shown marked signs of approaching age within three minutes. Your belief that theaters and actors have degenerated, that new books are below the standard, that childhood cooking was perfection and that time flies so very fast are all indications that you are on the downhill side of life. The slight draught that you say brings a tinge of neuralgia to the top of your head, where, I notice, the hair is rather thin, wouldn't have been thought of 3a years ago. Then here you are in the very front seats of a theater. No use denying the signs, Tom. We are getting along, and must admit what others plainly see,"—N. Y. Herald.

DIET OF SCHOOL CHILDREN.

Regimen.

Every successful farmer and every-Every successful farmer and everyone who cares for young animals knows
very well that the food given them during the first portion of their lives his
much to do with building up healthy,
hirdy, strong constitutions for future
tisefulness, but until very recently few
people have seemed to be aware that
the diet of school children is one of
the most idensirant tiems for them to people have seemed to be aware that the diet of school children is one of the most important items for them to

the young author had as rect cocked up on a table and was enjoying a cigar when the book reviewer sauntered into the club.

"You seem wonderfully contented and at peace with the world for a man who has been roasted from one end of the country to the other," suggested the reviewer, a trifle put out to think that the hard whacks he had been giving had freduced no appreciable effect.

"My boy," said the yoting author, condescendingly, "those roasts don't worry me a little bit. All you have to do is to sit down and reason it out, and you'll find that I'm all right."

"They're the hottest roasts any wfiter fas got this year," returned the reviewer.

"Of course they are," admitted the young author, "but oan't you see they're not for me?"

"Not for you? Why, they refer to you by name."

"Very true; but, then, they fire fight over my head. You should take time to reason, Mist take your own review of my books as an illustration. You probably had an idea that you were roasting me, but you weren't."

"I wasn't?"

"Not a bit of it, my boy, You said, for instance, that there wasn't a good idea or a bright bit of writing is the whole took."

"That would be enough of a roast for most people," suggested the paviewer, sarcastically.

"It would be enough of a roast for most people," suggested the paviewer, spray hou proved conclusively seconding to your own statement, tagit the whole book was plagiarized from services.

"An excellent meal can be made out of sandwishes, apples and these are of all freits, the post healthful.

An excellent meal can be onde out of sandwishes, apples and these are of all freits, the post healthful.

An excellent meal can be other in an offensive ly patronizing muffines," but you didn't alm right. You handled your weapon like a novice. Why, in the very exception, in go your own statement, tagit the whole book was plagiarized from services.

of all friits, the most healthful.

An excellent meal can be made out of sandwighes, apples pid boiled eggs. Sardine sandwiches are very relishable and as sardines are not at all expensive they should be used, if the children like them. If milk is plenty, a bottle or can of it is an excellent addition to the milday diet for school children, Cookies, crackers and sweetmeats are to be used sparingly, and every effort should be made to encourage children in cultivating a taste for plain and simple food—N, Y. Ledger,

Dainty Handkerchiets.

A growing revival of old-tast-lone, needle work is noticeable to-day. Young women are laboriously bematitching their own handkerchiefs just as if the day of machines had not arrived. This fad grew into large proportions last winter, when the daintiest of wedding gifts was a dozen of these fine Hennaquares, hemstitched by hand, and a small initial letter worked in one corper. The newest fancy for young wompn's keratifets is the hemstitch fhem, then put a felt ruffle at narrow while, feeting arguing the eading whipped on by hand, then a full edge of very narrow lace sewed on this. Many of the keratifet are cut round and them fatished, in this fashiop. But the shape sends a fittle too much to an eddity to be generally popular. Footing is so service able and cheap, the width required being only about three cents a yard. It was the udded prestige of being exceedingly fashionable, having been insed shore than anything else as a trimming for this summer's rowns. Hack foothore than anything else as a trimming for this summer's powns. Black footing is appropriate for a mourning kerchief —Chicago Chronicle.

A TREE TURNED TO IRON Found a Carlous Geological Specimen la

a Sandatoba quarry.

While William Teas was retaving and from a sandatone quarry on his farm, near Three Tuns, Montgomery county, Pa., he came across what he first thought was a rich vein of iron ore. The find was ten feet below the surface, surrounded by sand, and only a few inches above the solid rock. Further examination idisclered, a cylindrical mass, of ore from six to ben inches in diameter and about 15 feet long. It had the exact outlines of a free in a horizontal position, though the roots and brunches were missing.

Unfistingiely, in taking the trunk from the cymbiling sandatone, it was broken inte many piecas.

Air. Teas reported his discovery to Prof. Oscar C. S. Carter, of the Academy of Natural Sciences, Philadelphia, who visited the quarry and found the mysterious mass was a ferruginized tree. The rough outside bark guald be clearly distipaguished, and on gas piece was observed a knot which was entirely converted into iron ore.

One fast that convinced Prof. Carter that the signift was part of a tree was that some portions had not entirely lost their lifentity, but showed the woody texture. They were partially carbonized, he said, rosembling sharcoal. In fact, they formed an imperfect coal known as lignite, which is found in some of the western states and there used for fuel. The main mass, however, had become brown hematita ore.

"The soil and rocks of the Teas quarry," Prof. Carter explained, "once contained cough from to give them a distinct red color. As the rain water gradually drained through the soil it finally removed the iron in the form of a carbonate, and the color of the mandstone changed from red to light yellow. "It is well known that if a fragment of wood or charcoal be placed in a chalybeate water the iron will be precipitated as a hydrate. Therefore when the water abarged with iron came in contach with fine free an interchange of particles took place, the woody matter being replaced with iron.

"The sandatone in which the trae was found was of the mesocole age, but the outlines of

BRIGHT LIGHT BLINDS THE COD, Fish Kept in Aquariums Soon Lose the Sense of Sight.

Sonse the Sonse of Sight.

Several large cod are kept in one of the tanks of the Amsterdam aquarium, necessarily near the surface, and therefore exposed to a strong light from above. Now, the cod, though not it deposes are fish, is not a purface, withface and lives at depths where the sustaining the first by very much modified by passage through the water. It five in what to us would be semidarking, Evary one of these cod exposed to the strong light to swfering from an extraordinasy hypertrophy of the eye. The whole organ has become overgrown, as if in the effort of adjust laself to the use of more light rays it had become

as if in the effort to adjust itself to the use of more light rays it had become overequipped and then ascless. The cod, in fact, are blind.

The most interesting feature in this change is the extraordinary rapidity with which increased supply of light rays has overdeveloped the organ for its use. It has taken place, not by stow degrees from individual to individual, but in a course of time to be measured by months and in every individual in the tank. If this example is a measured that the control of the contro the deep seas, shown by the total loss of enormous development of their eyes and the growth of illiminating organs to light the abyss, may have been as rapid as it is marvelous—tondon Spectator.

Plays Bother film.

"Is the hopse vary milet." he asked, is he inspected the rooms that had been advertised for rent.

"No," said the landlidy, wearly, "I can't truthfully say that, it is. The four babies don't make so mech noise, for they never all cry at once; and the free planos one gets user fo, said the parrot is quiet sometimest but, the man with the clarionet, and the boy that's learning to play the faute do make it noiser than I wish it was."

"That's all right," said the man, cheerfully; "live and let live is my mouto. Il take the room and move it to-morrow, and the little things you mention will never disturb me a parficle. Good-by."

And if was not yntil he was moved in and was settled that they learned his occupation. He played the trombone in an orahestra.—Defroit Free Press.

Press.

Noah and Money.

"The financial question has caused considerable research on the subject." remarked the cheerful idiot to his pastor the other way. "I suppose," he continued. "that you have made a study of the moneys of the Bible?"

"Oh, yes," replied the minister burdly. "I am familiar, to be sure, with the libidical coins."

"I infer that paper money was used at the time of the flood?" certinued the idiot, surring for a change to make a

at the time of the flood?" cortinued the idiot, sparring for a chance to make a home thrust.
"What has led you to this concursion?" asked the pastor.
"Well, we read of where the dove brought the green back to Noah."—Washington Times.

-The American and European belles pearls. The "pearls of the orient" stain their molars a deep black with the betel nut. Billousness, Indigestiony Headach A pleasant laxative. All Druggist

A GAME PIE

How to Prepare a Very Palatable Boiles, Dish.

The most simple method is to make what is generally called a Himbsle. The raise the trust from the pie with the hands is a difficult task and can only be accomplished by skilled and experienced hands. Therefore the raised pies are usually made in a mold, and have the advantage of being more easily made than where the paste is raised with this hands. Make a stiff, short negative every pound of flour alleis halfs polipiof butter, the yolks of two eggs and half a plut of water. Work it up very smoothly. I lutter a raised pie moity and line with the paste, Previous to making the crust, bone the game—partridge, quall, woodcock, or whatever is to be used—and rub well with pounded mace, allspice, peoper and salty this spread over all a layer of force make made by chopping two olingers fram, one tenspoonful of paraley and the peel of half a lemont indice very firmadd a seasoning to taste of salt, carganna and mace; blend all thoroughly different with six ounces of breach tarities. Beat two eggs, work these up with the other ingredients, and use as directed, holl the fowl over the force-meat. Line of their ingredients, and use as directed, holl the fowl over the force-meat, put in the game, packing it in well; wet the edgesput on a cover of paste, pinch the edgesput on the pinch of the pic when cold, it should form a firm jelly hence it is wise to mag a knuckle of veath making the perfect degree, be burned. Mushrooms, truffles or oysters may be added to curich the flavor of these pies. These pies age, more frequently served cold than hot. The cover is sometimes carefully reduced, leaving the perfect degree, be burned. Mushrooms, truffles or oysters may be adde

Few Appreciate the DANGER

to which the Ex-pectant Mother is exposed and the foreboding with which she looks forward to the severest trial. All effort should be made, to smooth these rugged places in life's pathway for her.

'Mother's Friend

allays Nervousness, and so assiste. Nature that the change goes for yard in an easy manner, without such violent protest in the way of Nausea, Headache, Etc. Gloomy forebodings, yield to cheerful and hopeful anticipations—she passes through the ordeal quickly and without pain—is left strang and vigorous, and enabled to joyously perform the high and holy duties now devolved upon her. Safety now devolved upon her. Safety to life at both is assured by the use of "Mother's Friend," and the time of recovery shortened.



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